

Hello, my name is Anuwar Kasim and I'm the founder and president of the Burmese Rohingya Community of Wisconsin. In a few moments, you will see a video of me receiving my COVID-19 vaccine. It doesn't matter which arm you receive the vaccine in but the suggestion is to get it in the arm you don't use to write or eat or use as much as the other one as there can be soreness where the vaccine is given.

There are two vaccines approved in the United States to help prevent the spread of COVID-19. The Pfizer and Moderna vaccines are two dose vaccines. For the Pfizer COVID-19 vaccine, it is 19-25 days between the first and second dose. For the Moderna COVID-19 vaccine, it is 26-32 days between the first and second dose.

The Pfizer and Moderna vaccines trials showed to be about 95% effective in preventing COVID-19. There are no serious safety concerns reported with either in the trials.

The most common side effects in the Pfizer vaccine trials included pain at the injection site, tiredness, headache, muscle pain, chills, joint pain, and fever.

The most common side effects in the Moderna vaccine trials included pain at the injection site, tiredness, headache, muscle pain, chills, joint pain, swollen lymph nodes in the same arm as the injection, nausea and vomiting, and fever.

My side effects were a sore arm, headache, and tiredness. I took 2 doses of Tylenol and the symptom disappeared. This is normal and means the vaccine is doing its job to protect you from COVID-19. In very rare cases, a person might have a severe allergic reaction such as skin rash, upset stomach and throwing up and trouble breathing and wheezing. If this happens, please call 911 for immediate medical care.

I decided to get vaccinated to protect myself, my family, and our community from COVID-19. I will continue to wear a mask, practice social distance, and wash my hands. I am hopeful that as more people get vaccinated and follow COVID-19 guidelines we will get the pandemic under control.